

#	DATE	DAY TO DAY DETAIL	LOCATION	ACCOMMODATION
1	Tuesday	<p>One hour of morning hatha yoga on a roof top veranda amongst the palms.</p> <p>A trip to the colonial forte town of Galle.</p> <p>Evening yoga on the beach.</p>	South West beaches, Sri Lanka	Private, ensuite, double room in a local, beach side homestay.
2	Wednesday	<p>One hour of morning hatha yoga on a roof top veranda amongst the palms.</p> <p>Surfing for two hours with your dedicated, local teacher.</p> <p>Evening yoga on the beach.</p>	South West beaches, Sri Lanka	Private, ensuite, double room in a local, beach side homestay.
3	Thursday	<p>One hour of morning hatha yoga on a roof top veranda amongst the palms.</p> <p>Surfing for two hours with your dedicated, local teacher.</p> <p>A sunset beach clean up for an hour.</p> <p>Ayurvedic foot massage.</p> <p>Evening yoga on the beach.</p>	South West beaches, Sri Lanka	Private, ensuite, double room in a local, beach side homestay.
4	Friday	<p>One hour of morning hatha yoga on a roof top veranda amongst the palms.</p> <p>Surfing for two hours with your dedicated, local teacher.</p> <p>Visit to a local Buddhist temple.</p> <p>Evening yoga on the beach.</p>	South West beaches, Sri Lanka	Private, ensuite, double room in a local, beach side homestay.
5	Thursday	<p>One hour of morning hatha yoga on a roof top veranda amongst the palms.</p> <p>A local birdwatching boat trip to six islands in a lake.</p> <p>Surfing for two hours with your dedicated, local teacher.</p> <p>Beach clean up for an hour.</p> <p>Evening yoga on the beach.</p>	South West beaches, Sri Lanka	Private, ensuite, double room in a local, beach side homestay.
6	Friday	<p>One hour of morning hatha yoga on a roof top veranda amongst the palms.</p> <p>Surfing for two hours with your dedicated, local teacher.</p> <p>A day of relaxation on the beach.</p>	South West beaches, Sri Lanka	Private, ensuite, double room in a local, beach side homestay.

7	Saturday	One hour of morning hatha yoga on a roof top veranda amongst the palms. Farewell meal at a local beach restaurant.	South West beaches, Sri Lanka	Private, ensuite, double room in a local, beach side homestay.
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Remember 10% of proceeds go back to 1 of 3 community projects of your choice.

